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Your essential daily news | TUESDAY, SEPTEMBER 13, 2016

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Kenny Cooley of
the Halifax West
Warriors football
team on Monday.
JEFF HARPER/METRO



TACKLING STEREOTYPES

Transgender football player treated like he's 'one of the guys'

metroNEWS

Three is enough

COUNCIL

Municipal candidates calling for term limits



**Haley
Ryan**
Metro | Halifax

Creating term limits for councillors could keep them from becoming "stagnant" and encourage diversity, a group of candidates says.

Five municipal election candidates, including Lisa Blackburn for District 14, are calling on the future council to commit to establishing no more than three terms for its members.

"It's vitally important that you're constantly updating the perspectives and the experiences that are around the council

table," Blackburn said Monday.

Although Blackburn said more than three terms (12 years) on council might mean councillors are effective due to that experience, it's "also what makes some stagnant."

The issue is something she's already been hearing on the doorstep, Blackburn said, since in District 14 Middle/Upper Sackville — Beaver Bank — Lucasville the incumbent Coun. Brad Johns has been on the job for 16 years "and basically is a professional politician."

The group of candidates, including Carlos Beals in District 6, Brenden Sommerhalder in District 8, Shawn Cleary in District 9, and Pamela Lovelace in District 13, will call for no more than three terms during the official launch Tuesday at 11:30 a.m. on the City Hall steps — but Blackburn said she'd prefer to see terms capped at two.



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Warships in the harbour

Jeff Harper
Metro | Halifax

MILITARY DRILLS

The Royal Canadian Navy led a fleet 11 ships from Canada, France, Spain, the United Kingdom and the United States out of the Halifax Harbour on Monday.

The ships will be conducting anti-submarine warfare drills over the next two weeks named CUTLASS FURY16.

The drills will be off the coast of Halifax and also St. John's, NL.



ABOVE: Four of 11 international ships heading out on an anti-submarine training exercise Monday. **LEFT:** The HMCS Fredericton leads a sail past. **BELOW:** The French anti-submarine ship Languedoc. **JEFF HARPER/METRO**



PUBLIC SAFETY

Trade guns, ammo for bus fares

Zane Woodford
Metro | Halifax

The municipality can't say how many guns it's gleaned from the first day of its new Fares for Firearms campaign.

The campaign, trading guns for bus tickets, opened on Monday, and lasts till Sept. 23.

Over that 12-day period, people can call 902-490-5020 to schedule a pickup of guns and ammunition in exchange for 50 Halifax Transit tickets.

"If participants have no use for transit tickets, the municipality

is encouraging them to redistribute the tickets to those in need; a friend or family member, or a local community group," says a news release.

The municipality also wants people to know they can call the same number to have police pick up guns any time, but they'll only get bus tickets during the Fares for Firearms campaign.

The municipality doesn't have a data analyst available to track the calls day by day, so a spokesperson said they'll only be updating the public on the total number of guns collected

at the end of the campaign.

Multiple councillors referred to the campaign as a "joke" during last week's regional council meeting, though they voted unanimously in favour of the motion to allow for it at a cost of \$5,000 to Halifax Transit.

Municipal staff's report says programs like these "do not directly decrease violence."

Mayor Mike Savage is quoted in the municipality's news release saying the program is "one of many initiatives underway to address causes of violence, and help keep our communities' safe."

1,000

Number of guns netted in a 2009 program called Pixels for Pistols, in which people who brought in guns received a camera in exchange. The program also netted more than 10,000 rounds of ammunition.

METRO

communities' safe."

"If this campaign keeps even one gun out of the wrong hands, then we have taken a step forward in improving public safety within our communities," he says.

EDUCATION

New junior high debated

Haley Ryan
Metro | Halifax

Halifax school board decides whether a junior high will be built in the north end this week.

The School Options Committee (SOC) of the Citadel High School review process recommends a new junior high be built, consolidating Grades 7-9 from Oxford School with Highland Park Junior High students.

It would mean closing Highland Park Junior High and changing Oxford into a P-6 school, while ensuring Oxford

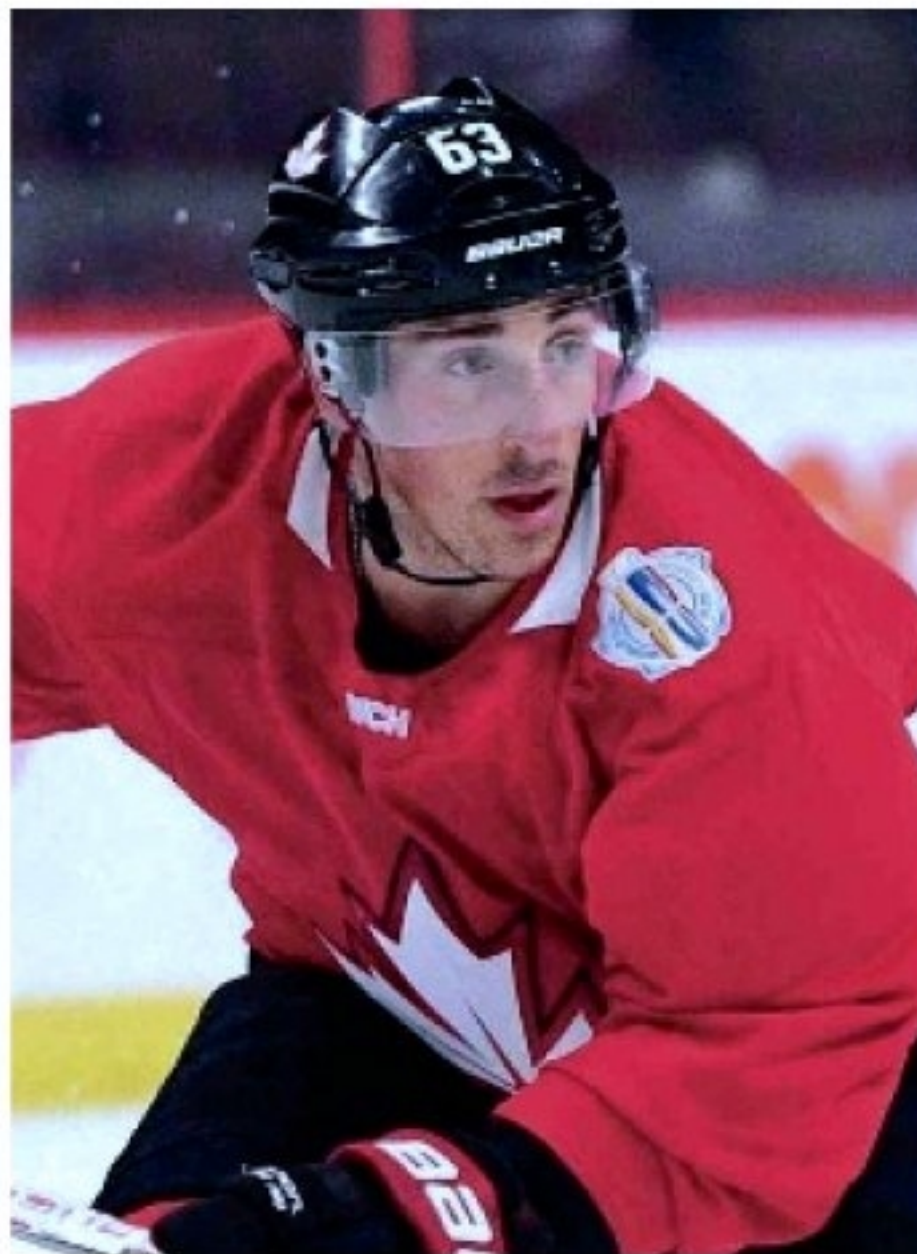
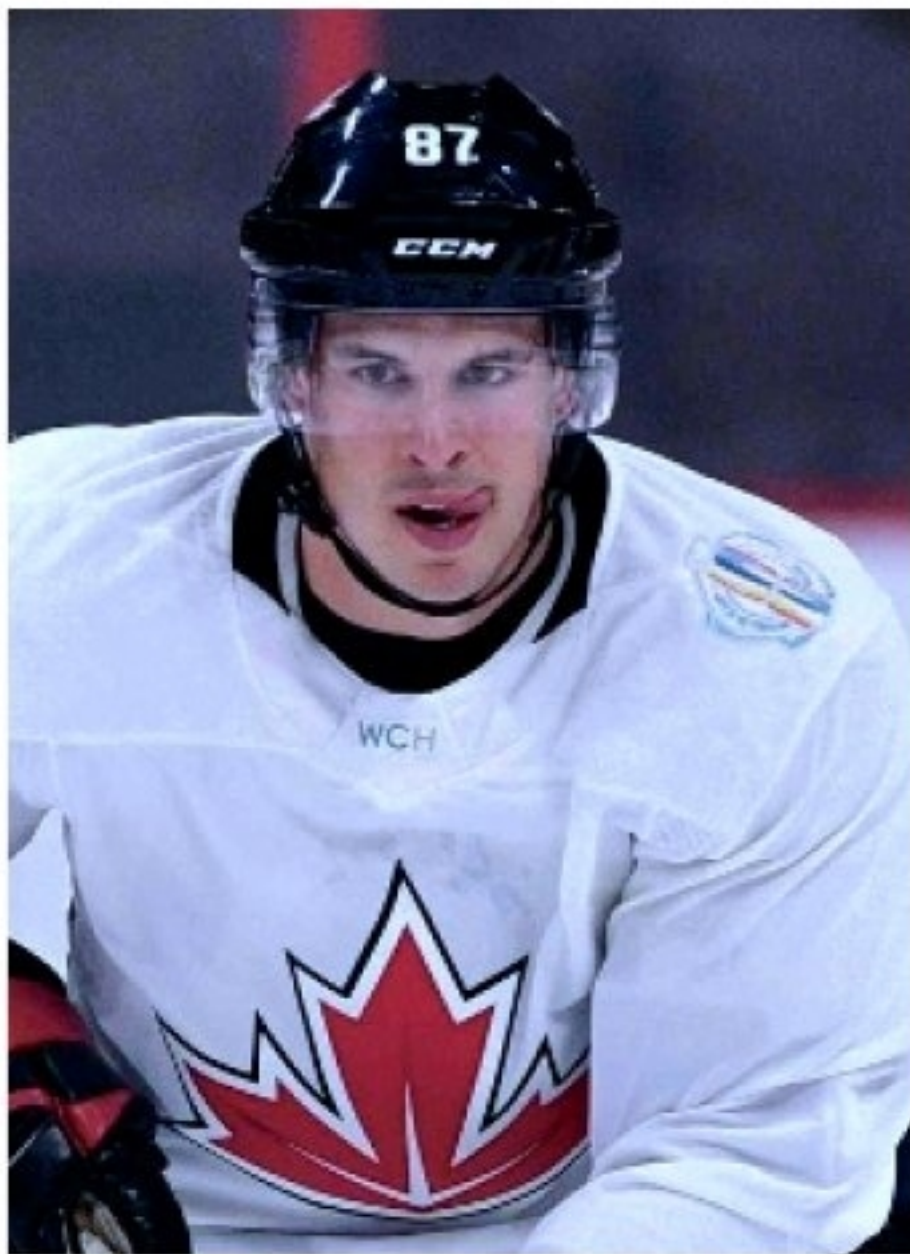
is included in a future review on south and west end schools.

Renovations to St. Joseph's-A. McKay Elementary, Joseph Howe and St. Stephen's elementary schools were also suggested.

The SOC also suggests the former Bloomfield school or the existing Highland Park site as possible options for the consolidated junior high.

The move on whether to initiate the school review process for the Auburn Drive and Cole Harbour District High family of schools is also on the table.

The meeting starts 7 p.m., at 33 Spectacle Lake Dr. in Burnside.



From left, Sidney Crosby and Brad Marchand, both with Team Canada, and Team North America's Nathan MacKinnon. THE CANADIAN PRESS

City gets spotlight at World Cup

HOCKEY

MacKinnon, Marchand and Crosby put city on map again



Philip Croucher
Metro | Halifax

The hockey spotlight on our region has never been so bright. Think about it. With the World Cup of Hockey set to take over the hockey universe starting Saturday in Toronto, three players from our region

are front and centre. Of course, there's Cole Harbour's Sidney Crosby, a talent needing no introduction to anyone following the game. There's also up-and-comer Nathan MacKinnon, another Cole Harbour product who's expected to be a key member of Team North America, made up of the best 23-and-under players from Canada and the United States. Then there's Brad Marchand of Hammonds Plains, better known as a hockey agitator than a star, but whose game has developed into one deserving of his Team Canada selection. "I can't think of a time

“To be considered one of the best in the world, along such great names as Crosby, Tavaras and Toews. It's emotional for us and surreal. Lynn Marchand

where an event of this stature, where there's been more than one Nova Scotian," said Hockey Nova Scotia executive director Darren Cossar. "It's just great PR for us. All the positive things you can achieve through hockey." Marchand could benefit the most from the World Cup. Hated by some for his style of play with the Boston Bruins, the two-time gold medallist for

Canada's world junior team is showing he has more to offer than being a pest. In the team's exhibition game Friday in Columbus, there was Marchand skating on a line with No. 87 himself, a sign of how much confidence the coaching staff has in him. "It speaks to the fact there's roles for everybody in the game. Not everybody is the 100 per cent top skill," Cossar

said of Marchand, who netted 37 goals last season for the Bruins. "He's not just that agitator. He's shown he can also play and has the skillset." Marchand's parents are thrilled to see their son on Team Canada. In fact, when they saw him playing on a line with Crosby Friday night, his mom Lynn said, "There was a lot of jumping up and down." "Brad is excited — like a dream come true," she said. Crosby and Marchand aren't best friends, but they do skate together in the offseason. They were also spotted together at the BMO Centre

in Bedford last month when some Team Canada players united for some skating time. "They usually skate together at some point throughout the summer," she said. "They don't go out and socialize as buddies, but when Sid has ice time, he'll invite Brad out to play. He's knows him fairly well." As for who he'll be cheering for at the World Cup, Cossar said Canada, of course, but with a close eye on Team North America. But no matter the outcome, the event is a big win for the game's growth from our little province. "The game is strong in Nova Scotia," Cossar declared.



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'They're all open and just caring'

EDUCATION

Trans player talks of making high school's football team



Haley Ryan
Metro | Halifax

A stack of practice football gear might be made of padding and a jersey, but Kenny Cooley sees a milestone.

Cooley, a trans Grade 12 student at Halifax West High School and rookie football player, stepped out onto the field Monday night in his first game as wide receiver, his dad and girlfriend waving from the stands.

Although the 17-year-old said he loves the adrenaline of the game, fear almost kept him from signing up for tryouts last June — he was worried about any barriers, and how the team would feel about him.

"I was super nervous and shaky. I mean you're going into a group of guys that are a lot bigger than you," Cooley said Monday at lunch time in the high school's library, wearing the Warriors football jersey for game day. "Then you get to know them and ... they're all open and just caring. They all just treat me as one of the guys."

The idea of playing football

had been in the back of his mind for a while before he decided to sign up, Cooley said, but it took an hour-long walk around the school to gather his nerve before putting down his name.

Although he had never played football before, Cooley said all summer he went to the gym and threw the ball around with family to get ready for the two-week training camp.

He also played hockey as a girl on a boys' team until Grade 10, Cooley said, so he wasn't too worried about handling another contact sport.

During camp Cooley said he brought up the fact he was trans to his coach, who said he already knew and "it's OK, you do you," but if he was ever uncomfortable or had issues he should come talk to him.

Cooley often uses the guy's locker-room but can also use a separate one if he likes, since he said the one girl on their team already does that and it's not a big deal.

After training camp those who make the team are handed practice gear. Cooley said getting the gear made him "so happy," and he took it home right away to show his mom, who took a photo of him holding it.

"I was like 'I finally did this.' I had a goal and I achieved it, I felt like I passed a huge milestone in my life," Cooley said.

While making the team has been positive, and he loves the

Halifax West atmosphere since transferring there in Grade 11, Cooley says things weren't great at Lockview High School when he came out as trans in Grade 10 and lost many friends.

"I feel safe going in the hallways and everywhere else (here), where in Lockview I just didn't," Cooley said.

Principal Tim Simony said Monday it's "refreshing" to be at a school where the natural flow of a student wanting to participate in a sport hasn't had obstacles thrown in, since 15 or 20 years ago that wouldn't have been the case.

It's also important to celebrate when things are going well, Simony said, since so often trying to change people's beliefs comes from responding to cases where people are hurt or struggle to be accepted.

"It's the going well that starts to make things the normal expectation," he said.

By telling his story and being open, Cooley said he hopes more people realize trans folks "aren't weird" but just living in the wrong body, and break down stereotypes about what they can do in life — like play high school football, or become a firefighter.

To those who might call Cooley inspiring or brave, he said he's not doing it just for himself but all trans people and LGBTQ folks who want to be involved in more sports or activities but feel afraid they'll be harassed.

"You need to take the risk, because sometimes taking the big leap can lead to you realizing that it wasn't a big leap at all. It's just a fear," he said.



Kenny Cooley of the Halifax West Warriors football team poses for a photo on Monday.

JEFF HARPER/METRO

Other sports doors not as open

Kenny Cooley may be happy to play on his high school football team alongside other guys, but other sports aren't as open.

Cooley, a trans 17-year-old, plays for the Halifax West girls' hockey team although he identifies as a male.

He says the rules won't let

him join the guys' team "because I still have female organs," and the barrier comes in because there's also a female hockey team, so Cooley must play on that one.

Cooley said he's "very OK" playing with the girls because he gets along with everyone

and the coach understands.

"They accept me for who I am, and I know that they don't look at me as a female, they look at me as a male, and they accept that," Cooley said.

"It just would've been nice to be on the guys' team."

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"Sometimes taking the big leap can lead to you realizing that it wasn't a big leap at all. Kenny Cooley

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A police officer investigates a shooting on Spring Avenue on Monday. JEFF HARPER/METRO

Gunfire rings out in Dartmouth

CRIME

Vehicle was found with weapons and ammunition



Zane Woodford
Metro | Halifax

Police say "multiple" gunshots were fired in Dartmouth early Monday morning, and they later arrested three people found with firearms and ammunition.

But they're not yet sure if those two incidents are connected.

Halifax Regional Police say they were called to the area of Bella Vista Drive and Spring Avenue about reports of shots fired at 2:20 a.m. on Monday.

In the dark, police couldn't find any evidence of a shooting. They returned to the scene after sunrise Monday morning and, according to a news release, "located evidence consistent with a shooting" in the 200 block of Spring Avenue.

Police spokesperson Const. Dianne Woodworth said police

believe there were "multiple" shots fired in the area, but they'd heard no reports of injuries.

About two hours after the shooting was reported, police say they found a vehicle stopped on the shoulder of the road on Magazine Hill towards Dartmouth, and found two firearms and ammunition inside.

Three people were arrested at the scene and taken in for questioning to see if they're connected to the earlier shooting.

Woodworth said she had no new information on Monday evening, and hoped to have an update on Tuesday.

MILITARY

Officer charged with sex assault

Military police say they have charged one of their own with sexual assault.

Sgt. Kevin MacIntyre, a military police officer at Canadian Forces Base Halifax, faces one count of sexual assault in connection with an alleged incident in Glasgow, Scotland, last year.

The Department of National

Defence says MacIntyre and the alleged victim, also a member of the Forces, were participating in a training exercise at the time.

The charges were laid by the Canadian Forces National Investigation Service, the military police unit responsible for investigating serious crimes.

Military police charged 34

people with sexual offences in 2015 and 15 during the first six months of 2016.

Defence chief Gen. Jonathan Vance reported last month that the military was making progress in rooting out sexual misconduct in the ranks, but that more work needs to be done. THE CANADIAN PRESS

ENERGY

RCMP 'neutral' amid AltaGas conflict with Mi'kmaq group

The RCMP says it is staying "neutral" as AltaGas Ltd. and Mi'kmaq protesters are at odds over aboriginal presence on a tiny island near the energy company's proposed underground natural gas storage caverns.

Opponents of the Alton storage project briefly went out Sunday to the small island that formed where the tidal Shubenacadie River meets a channel in which briny water is to be discharged.

The Mounties said they've been contacted by the company and are aware of the incident that drew police cruisers to the scene, but the police force was not being definitive about what officers will do if similar incidents continue.

"The RCMP position on people entering the area behind the construction zone is ... we are committed to remaining neutral on all matters. With this, our role in such matters is to keep the peace and to protect property," said RCMP spokes-

man Cpl. Dal Hutchinson in a telephone interview.

Cheryl Maloney, the president of the Nova Scotia Native Women's Association, said she was confident the Mi'kmaq have a right to be on the island for fishing purposes granted by treaty.

"We moved over to the island, but they (company security guards) couldn't reach us because there was a channel in between," she said.

The police were called to the site by Alton representatives and a number of RCMP cruisers waited near the scene, as a group of private security workers observed an encampment created by Mi'kmaq and other opponents of the storage project, which was approved earlier this year by the province.

Hutchinson said six or seven RCMP cruisers were at the scene on Sunday.

Maloney says she expects to hear from Alton about the incident, but doesn't believe the

+ RESPONSE

The company says it respects the right of individuals to express their views, but adds the project has been approved by the Environment Department, and access to the work site is restricted for safety reasons.

Mi'kmaq protesters broke any laws.

"I think the police were a little hesitant to arrest us for exercising our aboriginal treaty rights," she said. As she spoke, the tentpoles and the Mi'kmaq flags were still flying at the site of the tiny island along the banks of the tidal river.

"Let them explain that to the courts if they feel we don't have the right to be there. We do have the right to be there. We will be there," she said. THE CANADIAN PRESS

IN BRIEF

Police seek person accused of throwing explosive device into apartment

Police in Halifax are looking for a suspect accused of throwing an incendiary device through an apartment window and starting a fire.

Officers were dispatched to an address on Lynch Street around 9:20 last night to investigate a report of shots being fired.

Investigators say people in the apartment told them an incendiary device had been

tossed into a residence, causing a small fire inside. Police say some people suffered minor injuries, and that firefighters quickly doused the flames.

THE CANADIAN PRESS

Exotic pet ownership rules inconsistent: Official

A mish-mash of rules has resulted in dangerous situations across the country, according to the executive director of Canada's Accredited Zoos and

Aquariums.

Massimo Bergamini was in Truro to speak at the recent Atlantic Mayors' Congress. He said the assortment of regulations, and issues around enforcement, have led to situations that are dangerous for both humans and animals.

Ontario, he says, has the worst system and people often relocate from areas with stricter rules to open facilities such as roadside zoos there. TC MEDIA

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HMS Terror 'gently slipped' to seabed floor

HERITAGE

Second ship from Franklin expedition has been found

The second ship from Sir John Franklin's doomed 19th-century search for the Northwest Passage has been located — right where an Inuit hunter said it would be.

"The ship is in remarkable condition," Adrian Schimnowski of the Arctic Research Foundation, one of the groups involved in the search, said Monday from the research ship that located the HMS Terror.

"It looks like it gently slipped to the seabed floor."

The Terror, one of two British navy vessels sent in 1845 to try to find the Northwest Passage, was discovered Sept. 3 in 24 metres of water in Terror Bay, a small indentation on the coast of King William Island west of the community of Gjoa Haven.

The well-preserved wreck of



A sketch showing the HMS Terror stuck fast in the ice of the Northwest Passage. The sketch was drawn in the diary of Owen Stanley, who sailed on the ill-fated ship a decade prior to the disastrous Franklin Expedition, which saw both the Terror and her sister ship the HMS Erebus lost. TORSTAR NEWS SERVICE

Franklin's other ship, the Erebus, was found in 2014 about 11 metres below the surface in the Queen Maud Gulf, along the central Arctic coastline.

Both were lost with all 129 crew. Their fate has proved one of the Arctic's most enduring mysteries.

Schimnowski said that mystery might have remained if not for a late-night conversation on

one of the search vessels between himself and Sammy Kogvik, an Inuk and Canadian Ranger from Gjoa Haven.

The two were on the bridge of the Martin Bergmann, a research vessel, and Kogvik was telling Schimnowski about the history of the shorelines they were sailing past. He started talking about something he'd seen seven years ago while snowmobiling across

the sea ice of Terror Bay.

Kogvik recalled how he had looked behind him to check on his hunting partner when he spotted a large pole sticking up out of the ice. The two Inuit stopped and took pictures of what looked like a ship's mast.

But when Kogvik got home to Gjoa Haven, he found he'd dropped his camera and lost the shots.

"As soon as he said the story, I knew from his eyes and the way he was speaking that he had something."

The crew searched for more than two hours without success. They decided to give up and head to the nearby community of Cambridge Bay using a different route out of the bay than they had entered with.

"Within 15 minutes of starting again, we found an artifact on screen," Schimnowski said. "It looked like the cross-section of a masted ship."

"It was very exciting ... You have very few experiences like that in a lifetime. We celebrated together." THE CANADIAN PRESS

Royals visiting Canada with children in tow

Royal-watchers' cameras will be snapping on the west coast this fall as Prince George and Princess Charlotte will be joining their parents Prince William and Kate, the Duchess of Cambridge, for a royal visit to Canada.

Prince William and Kate, the Duchess of Cambridge, will bring their children to one of "the most beautiful places in the world," when the royals visit British Columbia and the Yukon from Sept. 24 to Oct. 1, according to a statement on the Royal Family's website.



The Duke and Duchess of Cambridge with their two children. THE CANADIAN PRESS

This is the royal couple's second visit to Canada.

TORSTAR NEWS SERVICE

Tootoo allegations but no comment

The Prime Minister's Office is not commenting on allegations about Hunter Tootoo's fall from political grace.

Tootoo, the MP for Nunavut, abruptly quit his post as fisheries minister and left the Liberal caucus in May, saying at the time that he was seeking treatment for alcohol addiction.

But in August, the political rookie said he had been involved in what he called a "consensual

but inappropriate" relationship.

On Monday, a Globe and Mail report alleged that Tootoo was at the centre of a tangled affair involving a woman and her mother.

The newspaper, citing confidential sources, said Tootoo broke off a relationship with the woman, who was working in his Parliament Hill office, in order to pursue an affair with her mother. TORSTAR NEWS SERVICE

POLITICS

MackKay won't run for Conservative leadership

Peter MacKay has decided against joining the Conservative leadership race.

"After much soul-searching, advice from trusted friends and weighing of the impact on my young family, I have decided not to seek the leadership of the party," the former cabinet

minister from Nova Scotia said in a statement Monday.

"My family is my No. 1 priority," said MacKay, who has two small children, Kian, 3 and Valentia, 11 months, with his wife, human rights activist Nazanin Afshin-Jam.

"While the opportunity is ex-

citing and the reward compelling, I feel it would be asking too much of them to jump back into politics right now and the heat of a leadership campaign with all that it entails," said MacKay, 50, who did not seek re-election in 2015 and is now a partner at a Toronto law firm.

"I am full of admiration for those who will seek the leadership and I stand ready to work with whoever the new leader will be," MacKay said.

The decision by MacKay now makes it possible for others who were waiting for his choice to prepare in earnest

for their own potential bids.

One of them is Kevin O'Leary, the celebrity businessman who was compared to Donald Trump when he started musing about joining the Conservative leadership race earlier this year.

THE CANADIAN PRESS

+ WHAT'S NEXT

The race continues

The Conservative leadership race will start ramping up as MPs and senators gather in Halifax for a summer caucus retreat beginning Tuesday morning.



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Hillary Clinton's secrecy 'stupid'

U.S. ELECTION

Candidate's penchant for privacy forged decades ago

When Hillary Clinton shuffled and stumbled as she abruptly left the 9-11 memorial at Ground Zero on Sunday, clearly ill, the telltale video was captured by a bystander, not a journalist.

Clinton's aides hadn't told the travelling press pool that she was leaving.

When she was driven home that night, she was not accompanied by the reporters that follow a candidate from door to door. Clinton's aides hadn't allowed them to come along.

In between, her campaign claimed she had merely "overheated." Only eight hours after the incident, and 48 hours after she saw a doctor, did they admit what appears to be the truth: she has pneumonia.



Hillary Clinton GETTY IMAGES

All together, it was vintage Hillary Clinton. As she has for two decades, the Democratic presidential nominee chose maximum secrecy right up until maximum secrecy was no longer a viable option.

"Antibiotics can take care of pneumonia," David Axelrod, a former top aide to Barack Obama, wrote on Twitter. "What's the cure for an unhealthy penchant for privacy that repeatedly cre-

ates unnecessary problems?"

The cure, in part, is running against Donald Trump. Clinton's Republican opponent is in several important ways more opaque than she is.

But her reflexive bunker mentality led to, and prolonged, her biggest scandal, over her decision to set up a private email server. And it indisputably made her Sunday incident worse.

"Sheer stupidity," said Kathleen Dolan, chair of political science at the University of Wisconsin-Milwaukee. "This one is just a self-inflicted wound. And inexplicable."

"People get pneumonia all the time. You say, 'The Secretary was diagnosed with pneumonia, that may require her to change some of her schedule in the next week, just giving you a heads-up.' That's all they had to do. But they didn't. And it was stupid," Dolan said. "And now it's just one more piece of evidence that, 'See, she lies about everything.' And she doesn't lie about everything."

TORSTAR NEWS SERVICE



BEIPANJIANG BRIDGE ENGINEERS CLOSE TO COMPLETING 'WORLD'S HIGHEST BRIDGE'

Chinese engineers reached new heights over the weekend when they linked the two ends of the Beipanjiang Bridge, creating what will be the world's highest bridge when it is completed, when it will connect two provinces in China, soaring 565 metres above a river in Guizhou province.

PHOTO: AFP/GETTY IMAGES; STORY: TORSTAR NEWS SERVICE

JAPAN

Official blasted for piggyback ride

A Japanese government official is under fire for riding on a colleague's back to get through a big puddle of water during his recent visit to a town devastated by a deadly storm.

Vice Minister of Reconstruction Shunsuke Mutai headed a government team's visit to the northern town of Iwaizumi earlier this month to assess damage from the storm, which killed

more than 20 people in the region.

Mutai, who had forgotten to bring rubber boots, was shown in television footage being carried on the back of another government official wading through the puddle. The scene triggered sharp criticism on social media, with Mutai accused of not taking his job seriously.

THE ASSOCIATED PRESS



Shunsuke Mutai takes a controversial ride. TWITTER



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Rendering of the studio seating area after the revitalization project. CONTRIBUTED

'Time to refresh' at the Neptune

RENO

Audience will notice big difference after revitalization project

Maggie Jenion

Renovations to Neptune's Scotiabank Stage are so dramatic it will be hard to remember to watch the drama unfolding on stage.

A two-phase revitalization project started this summer and by the time the curtain

rises on the first production later this month, the audience will notice a big difference.

Fresh paint, new seats, updated light and sound equipment, LED walkway lights, display screens and a brand new lobby and lounge will wake up the tired studio theatre, which hasn't seen a renovation for 20 years.

"It's just time to refresh," said Jennie King, director of sales and marketing for Neptune.

After every performance, there's a front-of-house report that details exactly how the show went. King said it always seemed to include a segment on a seat falling apart.

"It's like all of us when we renovate our homes," she said.



Changes to the Neptune Theatre will help create a better experience for seeing the shows. JEFF HARPER

"The goal is to feel contemporary when you come in and to create an experience."

The second phase will hap-

pen in the off-season next summer as the larger Fountain Hall gets a similar face-lift.

The entire project, which costs around \$3 million, has been in the works for a few years, but King said it was somewhat jump-started by the construction of the massive Nova Centre just down the street.

"All of downtown is in this boom to refresh and revitalize and we want to ride that train with them," King said. "As we open up our doors to a newly renovated space, we're aligned with all the other great things happening downtown."

Plus the convention centre is a major potential audience in the future.

One of the changes King is most excited about is a new bar and seating area.

"When you're trying to get people in and out in 20 minutes (during intermission) and provide a really great experience, we just weren't equipped to do that before and now we are," King said.

"I think we've created an environment where people will want to come early and stay late for a drink, and talk about what they saw on stage."

195

THE NUMBER OF NEW SEATS IN THE SCOTIABANK STUDIO THEATRE.

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Neptune a hit right from the early days

PASSION FOR PLAYS

Long history of Halifax residents' passion for theatre

Maggie Jenion

Passion for theatre is mixed in with the rock and soil at the corner of Argyle and Sackville Streets.

Nearly a half century before the downtown Halifax corner was home to Neptune Theatre, it was a vaudeville house.

Built in 1915, The Strand Theatre endured a fire and a name change but it couldn't survive the stock market crash in 1929.

Cinema ruled the stage for 33 years until a small group of enthusiastic theatre aficionados managed to buck the naysayers and build a theatre.

Neptune Theatre opened its doors for the first time on July 1, 1963 with Leon Major as Neptune's first artistic director.

He now lives in the U.S. but Jennie King, director of sales and marketing for Neptune, said he comes back every summer with stories about the theatre's beginnings.

"One of my favourite stories was about a report on whether Halifax could sustain a theatre which said absolutely not," King said. "I laughed and I asked him what did you do with that? He said 'I buried it because in my heart I knew that this is a community that would appreciate the art of live performance.'"

He was right.

Neptune was a hit right from its early days. It was the only Canadian theatre at the time to operate year-round. Neptune also toured all over Canada.

It wasn't all roses, however. In 1967, ticket sales dropped under 50 per cent. The provincial government agreed to cover the theatre's deficit if it made some changes. Neptune started selling subscriptions and still does today.

Eventually the building needed major work and in the 1990s and Neptune was transformed into a massive new complex, which included

+ NEPTUNE TODAY

- Atlantic Canada's largest professional regional theatre.

- Season runs September-May and sometimes into the summer.

- Home to year-round Neptune Theatre School, Scotiabank Stage, Fountain Hall, and Young Neptune Company Tour which visits schools across Nova Scotia.

a studio theatre.

Linda Moore, former artistic director, was heavily involved in what is now the Scotiabank Stage. She said a studio theatre is an invaluable addition.

"It's an ideal place to present work that is not necessarily mainstream," she said in a statement. "It can be an incubator for ideas."

Twenty years later, the Scotiabank Stage has been refreshed so it can continue to provide the backdrop for stories, music and art for decades more.



The Scotiabank Stage continues to be refreshed to provide the best experience. CONTRIBUTED

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NEPTUNE THEATRE PRESENTS THE Scotiabank Stage

10 Tuesday, September 13, 2016

metro SPECIAL REPORT: NEPTUNE THEATRE

Sponsors honoured to play a part

The lounge outside the Scotiabank Stage at Neptune Theatre is sponsored by accounting firm Grant Thornton. CONTRIBUTED

SCOTIABANK STAGE

Support from corporate partners aids revitalization

Maggie Jenion

Like lighting and the seats, sponsors are crucial to the show going on at Scotiabank Stage.

The relationship between Scotiabank and Neptune goes back as far as Paul DeWolfe, Atlantic market director with Scotiabank Wealth Management, can remember.

"It's been fantastic," he said.

"Our clients love it, it's a tremendous opportunity to be a part of the community, and supporting the arts, culture and heritage."

Supporting the studio theatre and having their name on it is a responsibility they really enjoy, DeWolfe said. It's also a great way to give back to the community. "It's something for everyone and every family, young and old alike. I think everyone is touched by the Scotiabank Stage and what Neptune brings to life there season after season," he said.

It's obvious DeWolfe has a lot of respect for everyone at Neptune. He said they do a tremendous job and are true professionals.

"They have the ability to touch everyone in the community and

to be apart of that and to have our name there and be a partner is an absolute honour," he said.

Rodney Belliveau is a partner with Grant Thornton, an accounting and business consultation firm. He said he remembers seeing a show at Neptune when he was in elementary school and it felt like magic.

"I remember being so amazed by the music and dancing and what can happen in such a small studio space," he said. "I have two young children and we've begun taking them to more and more theatre shows...the kids are just captivated by it."

Like Scotiabank, Grant Thornton has supported Neptune for many years. Besides sponsoring shows and having representatives

sitting on Neptune's board, Grant Thornton is also sponsoring the lounge outside the Scotiabank Stage. The lounge is a great place for people to talk and mingle, and Grant Thornton wanted to support that, Belliveau said.

"I look forward to their upcoming season and their continued growth and success in our community," Belliveau said.

Rebecca Hiltz LeBlanc, president of the Neptune Theatre Foundation, said they are extremely grateful to their sponsors who have helped revitalize the Scotiabank Stage.

"Investment from our corporate partners exemplifies their commitment to building a creative and vibrant downtown community," she said.

+ OTHER ARTS GROUPS BENEFIT, TOO

Just like behind the curtain, there's so much more to Neptune Theatre than meets the eye.

The revitalization of the Scotiabank Stage will not only benefit the performances, but also community groups and local theatre companies who use the stage too.

Sobaz Benjamin is the founder In My Own Voice Arts Association (iMOVE), a non-profit program for youth engagement and community development.

"We're an arts space organization using art to help people work through internal conflict, externalizing that through art," he said.

iMOVE started in 2007 and rolled out its first program in 2009. The first project iMOVE produced was called Shakespeare Raps and it was performed at Neptune, which donated space.

"They allow us to do fundraisers and use the space for free," Benjamin said. "I hope we will continue to partner with the Neptune in this way."

He added some day he would love to be in a pos-

sition to be able to share some of the funds they've raised with Neptune to give back to the theatre which has been so generous.

Pamela Halstead, co-artistic producer at DMV Theatre Collective based in Halifax, is putting on Speed Dating for Sperm Donors at Scotiabank Stage this month. DMV is also the recipient of the Open Spaces program. In January they'll receive free performance space at the theatre for a week plus technical support for another production they're planning.

DMV closed the Scotiabank Stage last season with their production The Drowning Girls and are opening this season with Speed Dating for Sperm Donors which feels pretty amazing, Halstead said.

To work with Neptune and bring these works to the Halifax community makes a big difference for DMV, she added.

"It's the nicest space for a smaller sized theatre in the city," she said.

For the audience it will be a joy to be in there even more than it was before, Halstead said. **MAGGIE JENION**

metro SPECIAL REPORT: NEPTUNE THEATRE

Tuesday, September 13, 2016 11

What's in a name? Put yours on a theatre seat

THEATRE TRADITION

Grab a chair at Neptune's seat naming campaign

Maggie Jenion

People will sit on the edge of them, laugh in them, and probably cry in them. It's only fitting the new seats now sitting in Neptune's Scotiabank Stage should be named.

To raise money to help cover the cost of the massive revitalization project which started this summer, Neptune is selling the rights to name the freshly installed seats in the studio theatre.

Bigger, more comfortable seats — 195 of them — were installed in the Scotiabank Stage this summer in the first phase of a revitalization project at Neptune Theatre. Jen-

nie King, director of sales and marketing for Neptune Theatre, said they recently launched a seat naming campaign where people can write messages on plaques which will be attached to the armrests.

Seat naming campaigns are a tradition in many theatres.

"For us, we're fortunate that in that space no seats have not been named historically," King said. "So we have the great opportunity now to name all the seats and reach out to our long-term subscribers, our sponsors and people who have been sitting there a really long time."

The seat naming campaign has barely begun and King said she was shocked how many people have already responded to name a seat. But

there are still many seats left: King said out of the 195 seats in the theatre, only a handful have been claimed so far. "We're so fortunate at Neptune to have such a loyal audience," she said. "Some

subscribers have been here for 54 years and in that studio space, I tend to call them the theatre die-hard fans because they're so supportive of the work that goes on there."

There are two price points to name a seat: \$500 for theatre fans, and \$300 for artists who want to mark their legacy in the theatre.

"We're honestly just hitting the ground running. We're planning the formal launch as we open with the first show of the season," King said.

195
The number of bigger, more comfortable seats that were installed in the Scotiabank Stage this summer in the first phase of a revitalization project at Neptune Theatre.

“When you're a big fan, being able to put your name on something and have it be there forever is really important

Jennie King, Neptune Theatre's director of sales and marketing

+ ON STAGE

Neptune Theatre's season opening play The first show, Speed Dating for Sperm Donors, opens Sept. 20.

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Working with Neptune Theatre has been an absolute pleasure, from design through to construction completion. Working so closely with senior management gave us a glimpse of the talent required in keeping that theatre running at such a high level. The experience really opened our eyes to the important role the theatre plays in our city. We are proud to be a part of the update to this iconic Halifax building.

12 Tuesday, September 13, 2016

metro SPECIAL REPORT: NEPTUNE THEATRE

Busy season on the Scotiabank Stage

COMING SOON

The run down on the plays happening this season

Maggie Jenion

The Scotiabank Stage has a busy season to go along with its refreshed look.

George Pothitos, Neptune's artistic director said there are five wonderful, eclectic plays to look forward to this season.

The kick-off show this season is *Speed Dating for Sperm Donors*, which opens Sept. 20.

"Two female partners are trying to create a family and it's the hilarity that ensues when people go through that process of speed dating but finding someone suitable you can have a child with," Pothitos said.

DMV Theatre Collective from

Halifax is putting on the show.

Small Things, a production of Mulgrave Road Theatre out of Guysborough, will take the stage in October. It's a comedy about three women finding connections and love.

I, Claudia, on Scotiabank Stage in February, is a well-received play that has appeared in front of many audiences and even been portrayed in film. It's about a young girl — twelve and three-quarters years old — dealing with a number of coming-of-age problems in a heartbreaking yet hilarious way.

The Boat is a production of Theatre New Brunswick and it's an adaptation from a short story by Alistair MacLeod. It's about a boy growing up in a Cape Breton fishing village in the '40s. He watches his sisters leave for the cities and eventually must make his own choice of staying or going.

"Alistair MacLeod is such an iconic figure here so I'm looking forward to that creation...because I have a soft spot for him."

In May, watch out for *Art*, a

+ ARTISTIC

"The whole idea of the Scotiabank Stage is to be extremely intimate. It's a three-sided space... and the idea is it's just the actor and the audience in there, it's not about large sets and costumes," says George Pothitos, Neptune's artistic director

1998 Tony Award winner which examines the idea of what makes it art.

"Is it good art, bad art and who is to judge?" Pothitos said. "This is about a man who buys a white painting and his friends think he's crazy for spending \$200,000 for a blank canvas."

There are also several exciting bonus features at Scotiabank Stage this season. There is comedy — Bruce McCulloch's *Young Drunk Punk* — and several musical acts including tributes to the silver screen, the Rat Pack, and the Beatles.



I, Claudia will be performed on Scotiabank Stage in February. SHARPSHOOTER PHOTOGRAPHY



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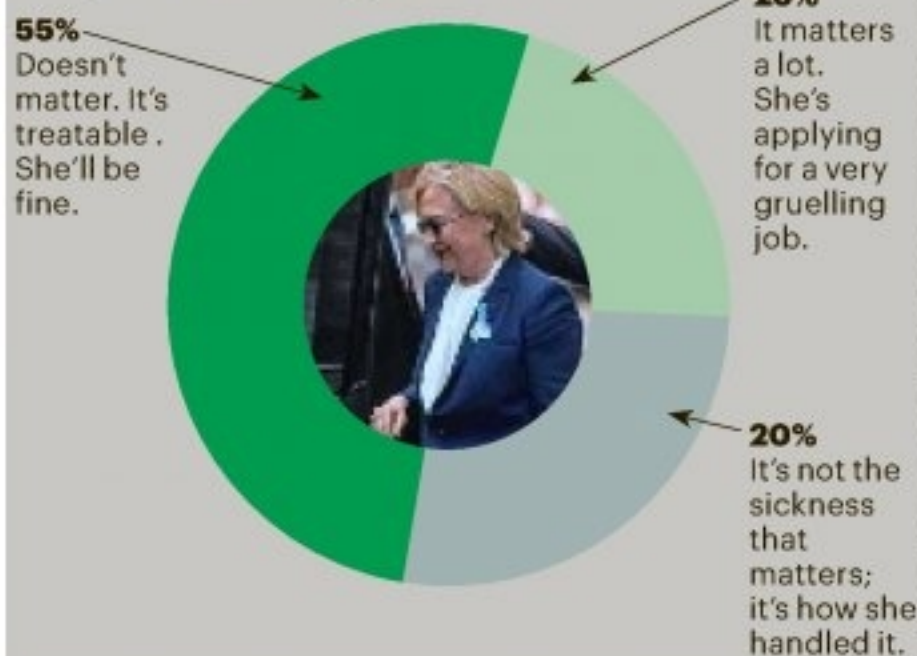


METRO POLL

How healthy are Clinton's prospects?

Hillary Clinton's health was a campaign subplot until it became the main story. Clinton was diagnosed with pneumonia last Friday, but her campaign didn't say anything about it until after the candidate had to leave a 9-11 commemoration ceremony on Sunday. The media certainly thinks this is a pretty big deal, but we wanted to know what our readers thought.

1 What do you make of Hillary Clinton's pneumonia diagnosis?



2 Will the diagnosis help or hurt her chances?

53% Hurts
44% Makes no difference
3% Helps

WE ASKED Metro readers

This is the stupidest thing ever. Any person on earth can easily get pneumonia.

Given her history, admitting pneumonia means that things are worse than pneumonia.

At least she has provided legit medical records and tax information.

People should think about what others have accomplished with far more serious illnesses.

I don't believe her or her hired doctor.

The POTUS should be in really top health.

visit metronews.ca
HAVE YOUR SAY

Crime and punishment and the stuff in between

HALIFAX MATTERS

Stephen Kimber



Too often, our criminal justice system is ill-equipped to deal with the sad brutishness of real life.

Consider the recent case of the 43-year-old Dartmouth man convicted of an incestuous relationship

A man is on his way to federal prison. His daughter has lost both the father she believed would 'love her forever' and her son.

with his then-17-year-old daughter.

The facts are relatively straightforward.

In September 2012, the young woman — who had been living on the streets in Ontario, addicted to drugs and alcohol, committing crimes — returned home to Nova Scotia to meet her biological father.

She moved in and, within the month, they began having unprotected sex. Two years later, she gave birth to a baby boy. Less than two weeks later, Community Services seized the child.

Incest is illegal in Canada, so the man was charged, convicted and sentenced last week to four years in prison.

Fair enough.

But let's peel back the onion layers of unhappy lives lived.

The man has a Grade 2 education. He was abused

as a child. He grew up to be an abuser. In 1995, he was convicted of sexual interference involving two of his neighbour's children in Ontario.

The man's own daughter — it was not clear from the reports I read whether the father had any role in her upbringing — has what were described as "cognitive difficulties," spent some time in high school special education classes and wound up on the streets.

She was, in the words of Judge Arthur Pickup, "emotionally neglected for most of her life." Until, that is, her relationship with her father. "She told police she knew he would not leave her and would love her forever," the judge said.

She did not consider herself a victim, and refused to file a victim impact statement.

It seems clear the man did not see anything wrong with what he'd done either.

"I want to have her in my life," he said in his pre-sentence report, "but not sleep with her since the police say I'm not allowed to, even though I think that is stupid and they shouldn't be allowed to tell me not to sleep with her."

So the man is on his way to federal prison. His daughter has lost both the father she believed would "love her forever" and her son, who will now be brought up by someone else.

Justice served?

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

International students deserve our embrace

Armine Yalnizyan and Chris Grisdale

For many Canadians, September means back-to-school time. For a growing number of students, it's also welcome-to-Canada time.

International students have become a critical piece of the puzzle for funding higher education. Their enrolment in our post-secondary institutions is accelerating at a far faster pace than that of domestic students. By Dec. 31, 2015, 352,960 international students were registered at schools across Canada. That figure is twice the number enrolled in 2006.

A federal report estimated that in 2010, international students spent almost \$8 billion in Canada on tuition, accommodation and other expenses, creating 81,000 jobs and generating \$455 million in tax revenue. Those figures were so impressive that in 2013 the Harper government's Economic Action Plan budgeted \$23 million over two years to market Canadian degrees abroad and recruit students, and added funds to enhance processing capacity.

By all accounts, the marketing ploy was successful. But as the Conservatives opened the floodgates to these temporary entrants, they simultaneously choked off their passage to permanent residency.

That's a maddening waste. Just ask Lucas Alves.

Lucas came to Montreal from Brazil in August 2011 to study French at a language school. His experience led him to want to make his home here. Already fluent in English and Portuguese, Lucas and his family paid \$15,000 a year in tuition for an architectural

technician program at George Brown College to turn the dream into reality. To cover costs, Lucas worked as a cleaner and in food services.

When Lucas arrived, he had cause to believe he could build his life here as a Canadian citizen. In 2008, Ottawa had created the Canadian Experience Class, providing a pathway to permanent residency to international students with two years of Canadian work experience. International students have been allowed to hold on-campus jobs since 1988, and later allowed to work up to three years anywhere in Canada after graduation. The promise of a chance to study and work your way toward citizenship attracted thousands of young students.

But, beginning in 2013, the federal government started delisting some occupations that were previously considered valid Canadian work experience. Suddenly, if your job was in food or retail — the most common jobs for students, international or domestic — you were out of luck.

As a result, more of the world's best and brightest are coming to Canada, but fewer can stay, by policy design. Instead of seeing them as A-list candidates for Canadian citizenship, they have become Grade-A cash cows for a chronically underfunded system.

The Liberals should move swiftly to reboot the Experience Class program so international students like Lucas aren't merely welcomed to study and spend in Canada, but welcomed to stay and build their future here.

Armine Yalnizyan is senior economist at the Canadian Centre for Policy Alternatives. **Chris Grisdale** is an Osgoode Hall Law School graduate.

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WELLNESS TRENDS

Crystals heal say believers, but science says otherwise

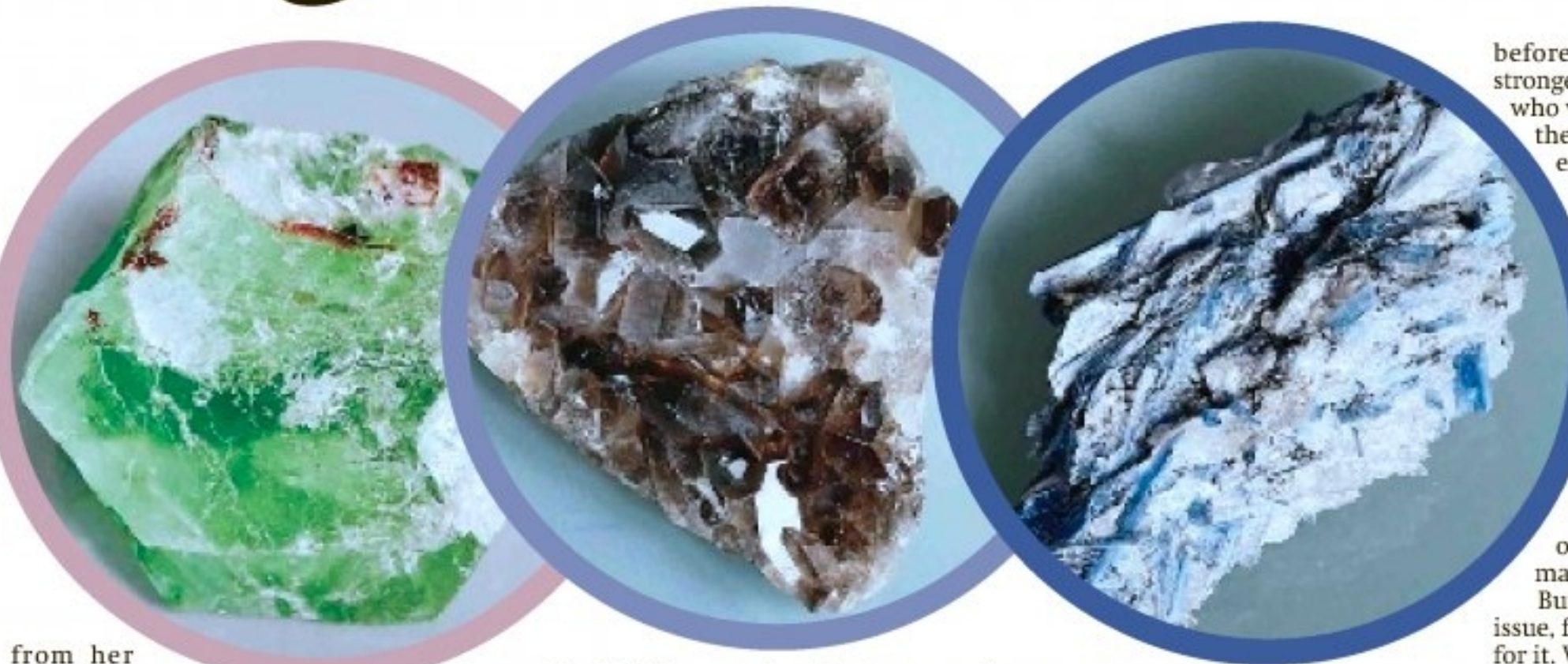
There's a practice that's become popular among celebrities and regular folks alike: Using crystals like amethysts, emeralds and rose quartz to harness healing power. It's a practice that elicits raised eyebrows and concern in the medical community, as there's no solid research proving crystals work — and even some devotees acknowledge any positive vibes are probably just a placebo effect.

Still, crystals are big business, with celebrities leading the trend. Madonna and Khloe Kardashian swear by them, and Katy Perry reportedly slept with one in her hand after splitting from ex-hubby Russell Brand.

Hipster troubadour Father John Misty is selling some in his merch store — rose quartz earrings for \$45, in case you were wondering — and you can also find them anywhere from local metaphysical shops to Urban Outfitters.

Tiny Devotions, a Canadian company selling meditation necklaces adorned with healing crystals, has sold millions of dollars worth of their mala bead jewelry.

"Our revenue is over seven figures annually," says founder Diana House, over the phone



These rocks might be pretty, but they're not curing cancer. TORSTAR NEWS SERVICE

from her office in London, Ont., where a large citrine crystal is on display. "I believe that it helps," House says, referring to the roughly \$1,000 crystal, known for its 'prosperity and abundance' properties. "But I can't scientifically prove it does anything," she adds.

Fan websites say the sparkling stones are rooted in ancient healing rituals and act as conduits for wellness in the mind, body and spirit, channelling positive energy to improve someone's well-being, and can be worn around your neck, held during meditation sessions, or placed throughout a room.

Marta Borowski, 31, credits a crystal with helping her buy a house in Toronto's fiercely competitive real estate market.

Sadly, the whole of complementary and alternative medicine can be summed up as 'popular in the face of no evidence'

Christopher French, head of anomalistic psychology research at University of London

After she and her fiancé lost a bidding war, she passed a store showcasing a massive gemstone collection and decided a crystal "good luck charm" could come in handy.

"I don't know if it was the sunstone, but we ended up getting our dream home," she says.

Borowski thinks it's about visualization, and perhaps a placebo effect. "Somebody could give you a piece of cloth

and say, 'This cloth holds some kind of energy creating properties,' and you would just harness all of your positive energy into that and it would have the same effect," she says.

And there really isn't any concrete research backing up the positive vibes beyond this power of suggestion.

"Sadly, the whole of complementary and alternative medicine can be summed up as 'popular in the face of no

evidence,'" says Christopher French, head of the anomalistic psychology research unit at the Goldsmiths, University of London department of psychology.

French researched healing crystals to figure out why people think they work, and presented his results at a couple of conferences in the early 2000s. In his study, 80 participants were asked to meditate while holding either a real crystal or a fake one they were told was real. Before meditating, half the total number of participants were primed on what types of sensations to expect — things like tingling, heat, a mood boost, and so on.

The result? People who were primed on crystal sensations

beforehand reported much stronger sensations than those who weren't. On top of that, there was no major difference in what people felt while holding real versus fake crystals.

"The results of our study did not come as any great surprise," French tells me. "The power of suggestion to affect perception and memory has been demonstrated in literally thousands of well-controlled psychological experiments for many decades."

But if you can think of an issue, fans say there's a crystal for it. Want to bring clarity to your mind? Try selenite. Want to stimulate your immune system? Buy some clear quartz.

This concerns French. "It is sometimes argued that this is acceptable, as if a person feels better after a worthless treatment, surely that's a good thing?" he says.

"But the danger here is that people may rely on worthless (complementary and alternative medicine) treatments for problems that might have been effectively treated with conventional medicine in the early stages but not seek the latter until it is too late."

In other words: Don't try curing cancer with a crystal.

The crystal fans I spoke to for this story agreed. "It's a holistic way of healing, but never to replace (medicine)," Yacht says. TORSTAR NEWS SERVICE

SLEEP HABITS

Early bedtimes for children keep obesity at bay

Benjamin Franklin may have been on to something when he prescribed "early to bed" for better health.

This could be especially true in the ongoing fight against childhood obesity. A recent study found that preschoolers who went to bed after 8 p.m. had a significantly higher risk of becoming obese teenagers than those with earlier bedtimes.

Led by researchers at Ohio State University, the study, published in the *Journal of Pediatrics*, followed 977 children from ages 4.5 to 15

years, asking their parents what time they typically were put to bed on the weekdays.

Bedtimes ranged from 6:45 p.m. to 1:30 a.m., with the most common times being 8 p.m., 8:30 p.m., and 9 p.m.

The scientists also examined the children's height, weight and body mass index as teenagers.

"Pre-school-aged children with early weekday bedtimes were half as likely as those with late bedtimes to become obese as adolescents," the researchers wrote.

In fact, only 10 per cent

of the children who were put to bed by 8 p.m. were obese later, the study said. But 23 per cent of the late-nighters (those who went to bed after 9 p.m.) became obese teenagers.

While it's unclear exactly how children's bedtimes affect body weight, other studies have found that a lack of sleep is linked to hormones that regulate appetite and metabolism.

Staying up late also increases opportunities to snack after dinner.

TORSTAR NEWS SERVICE



According to one study, pre-school children with early weekday bedtimes were half as likely as those with late bedtimes to become obese as adults. ISTOCK

+ HEALTH

C-section increases rate of obesity in children

Babies delivered via Caesarean section were 15 per cent more likely to be obese as kids, teens and young adults than were babies born vaginally, according to a report in *JAMA Pediatrics*. The risk associated with a C-section was even greater for babies whose mothers had no apparent medical need for the procedure. These babies were 30 per cent more likely to be obese between age 9 and 28. TORSTAR NEWS SERVICE

A closer look at Clinton's health scare

EXPERT INTERVIEW:

The doc who wrote the book on pneumonia



Genna Buck
Metro | Toronto

It was initially chalked up to seasonal allergies.

Hillary Clinton's hacking cough — an obsession in certain segments of the Twitter-sphere — is pneumonia, according to a statement from the U.S. presidential candidate's doctor.

The diagnosis was made Friday, but only revealed after a public stumble at a 9/11 memorial in New York City on Sunday.

Despite conspiracy-theorists' crowing about Parkinson's, Clinton likely has a contagious bug. Six of her staffers have reportedly come down with it too. Reactions from social-media diagnosticians have ranged from dismissive to "Tim Kaine better prove he's ready to lead."

Metro spoke to a real diagnostician, McMaster University infectious disease specialist Lionel Mandell, who literally wrote the

book (a.k.a. clinical guidelines) on pneumonia. He explained why we don't know how serious Clinton's condition is, how she likely got it, and why we can't even be sure it's pneumonia at all.

Many sources are describing this as "walking pneumonia." What does that mean?

Pneumonia just means infection of the lung tissue itself; the air sacs. Saying pneumonia is like saying "motor vehicle accident."

Could be a minor fender-bender, and at the other extreme you've got a head-on where cars are on fire and two people are dead.

Without knowing details, it seems like Clinton got community-acquired pneumonia, as opposed to hospital-acquired. In about 80 per cent of those cases, it's treated outside hospital, and the mortality rate is one to five per cent.

It's really difficult to make a pneumonia diagnosis. If you only rely on what patients tell you, plus the physical exam, you can be wrong at least a third of the time. You really need an X-ray. A lot of diagnoses are made without an X-ray, and a lot of those patients may



Democratic hopeful Hillary Clinton leaves her daughter's New York apartment, where she recovered after a medical episode during Sept. 11 memorial services. THE ASSOCIATED PRESS

have bronchitis or something.

I don't know where the hell the term "walking pneumonia" came from. But it sort of gets the idea across.

What causes this? What can be done?

The usual bugs are viruses, as well as bacteria called pneumococcus and mycoplasma. The antibiotics you

give in cases like this will cover either of those bacteria.

Who ends up in the unlucky one to five per cent who die?

It's more likely to be an older person or a person with lung disease, congestive heart failure, something like that.

How long will it take an otherwise healthy 68-year-

old — like Clinton's doctor says she is — to recover?

It really varies. But typically the symptoms would be cough, a bit of a fever, a bit of shortness of breath. Depending on how sick they are, and their underlying conditions, some people can bounce back within a week or two, but they might feel weak for a few weeks.

Are you surprised someone in their 60s came down with this on the campaign trail?

The overall incidence in North America, if you're over 65, is about 20 cases per 1,000 people (per year). Someone like Clinton or Trump is definitely at risk. They're constantly mixing with people. I'm actually surprised (politicians) don't get infections more.

Could this put Clinton at risk for future problems?

Community-acquired pneumonia is not usually that big of a deal. Among people over 65 sick enough to be admitted to hospital, the risk of heart attacks goes up. Compared to older adults who are admitted to hospital for other reasons, pneumonia patients have a higher risk of death, and it extends out for one year.

Would her 2012 concussion and blood clot episode have anything to do with this?

Not if they were resolved. Somebody with a reduced level of consciousness can aspirate (inhale liquids or food) and get pneumonia. But she clearly doesn't have that. She's smart as hell.

Sugar industry paid off researchers

INVESTIGATION

Studies cast doubt on sugar's role in heart disease

An analysis of newly uncovered documents shows the sugar industry began funding research that cast doubt on sugar's role in heart disease — in part by pointing the finger at fat — as early as the 1960s. A sugar industry group paid Harvard researchers to write an article published by a prominent medical journal in 1967 that concluded that reducing cholesterol and saturated fat was the only dietary intervention to prevent heart disease.

While scientists are still working to understand links between diet and heart disease, concern has shifted in recent years to sugar and carbohydrates, and away from fat. The documents are detailed in a study published in the journal JAMA Internal Medicine, and is the latest evidence showing how food makers influence nutrition science.

THE ASSOCIATED PRESS



A sugar industry group paid Harvard researchers to write an article published in a prominent medical journal in 1967 that concluded reducing cholesterol and saturated fat was the only diet intervention to prevent heart disease. ISTOCK

RESEARCH

Dancers better at reading emotions

A series of scientific studies may reveal why audiences like certain dance moves more than others, and they suggest that dancers are more emotionally sensitive than the rest of us. The results may also point to a role the arts can play in empathy training.

One study isolated dance moves into very brief, silent, black-and-white video clips. With no context to go by other than the shapes of the moving bodies, participants were asked to rate their emotional response, whether they liked or disliked the moves, or found them happy or sad. Participants rated the video clips containing the rounded movements, such as the upward-curving arabesque, as significantly more positive than the clips with sharp, edgy movements. "There must be some type of universal mechanism where our perceptual system understands that roundedness is



A new study finds the arts can play a role in empathy training. ISTOCK

good, and edgy might be dangerous," says Julia F. Christensen, a research fellow in the Cognitive Neuroscience Research Unit at City University London, and lead author of the study Affective Responses to Dance.

In a similar study, published in the Journal of Experimental Psychology: Human Perception and Performance, the brief ballet video clips were shown to two groups of people — the dancers,

and a control group of those with no dance experience. The participants wore electrodes on the tips of their fingers to detect the subtle sweat response triggered by an emotional reaction. They were also asked to rate each video clip as happy or sad. Both groups "read" the emotions of the ballet clips correctly. But the dancers had much stronger reactions to the emotional content.

TORSTAR NEWS SERVICE

HEALTH BRIEFS

Many with depression don't get treatment

Most people in the U.S. who screen positive for depression don't receive treatment, while most who do receive treatment don't actually have the condition, according to a new study published in JAMA Internal Medicine. The

study, led by Mark Olfson, a professor of psychiatry at the Columbia University Medical Center, found analyzed data from surveys that included questionnaires to screen for depression. Of the 46,417 adults surveyed, 8 per cent answered in ways that suggested they had depression,

but only 29 per cent of those who seemed to need help received any treatment for it. Adults in the lowest-income group were five times as likely to have signs of depression as were those in the high-income group. But they were less likely to receive treatment. TORSTAR NEWS SERVICE



TOGETHER AGAIN ON-SCREEN ROMANCE Ryan Gosling and Emma Stone have teamed up once again for *La La Land*, a modern-day musical that's been embraced by audiences and critics alike. The actors walked the red carpet last night at TIFF for the film's premiere. It opens wide Dec. 2. LIZ BEDDALL/FOR METRO

Like something found in the archives

BIOPIC

Critics rave at Devon Terrell's turn as a young Barack Obama

Steve Gow
For Metro Canada



He may not be the President but he does play one at the Toronto International Film Festival.

With a near-perfect portrayal of a 20-something Barack Obama, Australian actor Devon Terrell is quickly finding his name at the top of many critics "one to watch" lists at TIFF.

A biopic that focuses on the brief period of time the future U.S. President spent at Columbia University in New York during the racially-charged '80s, Vikram Gandhi's period-drama *Barry* manages to spotlight the young talent's incredible performance — one that the *Los Angeles Times* claims he pulled off with "such ease and nuance that audiences may briefly flicker with the thought they're watching archival footage."

"I didn't want it to feel like an imitation," insisted the 23-year-old thespian in his native Down Under accent at the Intercontinental Hotel. "It was a lot of work, just working on the sounds and things because he has some Kansas roots, he has some Hawaiian roots."

As much as Obama's nomadic upbringing allowed the future commander-in-chief to shape a more rounded world view, it also patterned a distinct sound — one that Terrell only mastered once he began studying Obama's cadence.



Australian actor Devon Terrell plays a 20-something Barack Obama in the biopic *Barry*.

CONTRIBUTED

"We eventually realized it was a certain (speech) pattern," said Terrell, who added another youthful flourish of "umms and awws" to the performance.

"When he was younger, he seemed like he was inarticulate because he was so intelligent and had so many ideas running through that he was (not sure) how to get it out."

What really gives *Barry* (named after the Anglicized moniker Obama gave himself in those years) its poignancy, of course, is that the American President's

term is coming to a close.

And after eight years of leadership, *Barry* provides a curious bit of cinematic backstory into the ideals and events that eventually shaped the Presidential icon.

"We know how the story ends," laughed Terrell, noting the film's subtle hand at drama.

"But I don't think people understand how withdrawn he'd become at one point of his life, where he really dove into what it means to be himself (and) the issues that he had is so human

“

When he was younger, he seemed like he was inarticulate because he was so intelligent

Devon Terrell

— all of us can relate to at least one thing in there.”

THE TOP 6@6

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- 5 Ria Mae ft Neon Dreams **Ooh Love**
- 4 Tini Tempah ft Zara Larsson **Girls Like**
- 3 Kilara **Gold**
- 2 Pitbull ft. Flo Rida **Green Light**
- 1 The Chainsmokers ft Halsey **Closer**



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INTERVIEW

A working-class role for Kate Hudson

Kate Hudson's latest role isn't exactly the kind of part most A-list actresses in Hollywood would clamor to land these days.

After all, in the new true-life drama *Deepwater Horizon* — premiering at this year's Toronto International Film Festival — Hudson plays second-fiddle to Mark Wahlberg as the distraught, stuck-at-home wife of a worker aboard the eponymous Gulf of Mexico oil rig that famously blew up in 2010 causing the biggest man-made oil spill in American history.

"It's like that quote: everybody has a story," offered Hud-

son about the strong-willed wife who was forced to wait in horror as her husband's offshore workplace erupted in flames. "The relationship was a key part of the film — it sort of established what it was like for a lot of the survivors' families and what it felt like to not know what was going on."

Indeed, Wahlberg may have received all the explosive on-screen action, but Hudson found a ton of emotional drama in the supporting role — a deep resonance that she uncovered through meeting the real-life Felicia Williams.

"We talked about what it felt like," recalled Hudson. "It was like the rug being pulled out from under her feet but then all she wanted to do was to understand what was going on. To hear the ins and outs of what they went through on that day. Nobody could tell them what was happening."

As much as director Peter Berg (*Lone Survivor*) wanted to focus on the families behind the *Deepwater Horizon* disaster (which claimed 11 lives), there is little doubt that the action is underlined by corporate negligence. However, even as

those themes are accentuated, Hudson insists the film's true resonance is playing down the politics to focus on the film's ordinary working-class characters overcoming an incredible catastrophe.

"You see these things on the news and you don't really ever think about what that must have felt like to have been in an experience like that," said Hudson. "It is a delicate balance because you just want to tell the story for the people. You don't want to get political and Pete did such a great job of just telling the human story." STEVE GOW/METRO

Dolan's extremely up close and personal



It's Only the End of the World stars French actors Nathalie Baye, Léa Seydoux and Gaspard Ulliel, and is directed by Montreal's Xavier Dolan. It won the Grand Prix at Cannes. CONTRIBUTED

INTERVIEW

Director homes in on the faces of France's top acting talent

Melita Kuburas
Metro | Canada



It's a lot of pressure to feel like your every breath, every quiver, and every facial twitch will be captured on camera, said French actor Gaspard Ulliel.

A big star in France, Ulliel (who played Yves Saint Laurent in the 2014 biopic about the fashion designer) portrays principal character Louis in Xavier Dolan's *It's Only the End of the World*. Most of the film is shot in extremely tight closeups.

"You realize that the slightest, minute movement is a potential explosion so it keeps the audience on the edge of their seat," said Ulliel at an intimate coffee-and-conversation with media at the Toronto International Film Festival.

Dolan must have relished the chance to zoom in on such striking faces: Léa Seydoux (The

FOOD TREND

Red wine with fish? If the French are OK with it, so are we

Hosting a lunchtime event for the film's Canadian premiere, Nespresso paid tribute to the many scenes where the family gathers around a meal. The Montreal-based coffee company showed its confidence in food trends (it often partners with Michelin restaurants) with an unorthodox pairing of a red wine — 2011 Domaine Nalys, Châteauneuf Du Pape (\$46) — with seared branzino that complemented the citrusy notes of the dish.



Lobster) portrays a pot-smoking moody younger sister of Louis, a playwright who flies home for the first time in 12 years with the intent to tell his family he is dying of AIDS.

Vincent Cassel (Jason Bourne) is the curmudgeonly older brother; Marion Cotillard acts against type as the dithering sister-in-

law and illustrious French actress Nathalie Baye plays Louis's ostentatious mother.

This is a dysfunctional family that communicates almost exclusively through bickering and biting remarks. They stumble over their words, betraying their insecurities. But for all the talking, they cannot say the one thing that needs to be said — that they love their brother, and feel abandoned by him.

"The vernacular is very precise, it can be distracting, but the words don't really matter in this film," said Dolan.

What mattered more was to watch how the characters react to one another, he explained.

"There are two categories of actors: the actors who listen, and the actors who don't. These actors listen to people. They live and react. They're not waiting for their lines," added Dolan, praising his cast.

When the director first began shooting the film, which won the Grand Prix at Cannes, he didn't intend for the imagery to be so intimate. But the closeups allowed him to capture the talent's emotional expressions.

"I wouldn't want to miss a thing," he said.

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Manchester United says it paid 8.4 million pounds (\$11 million) in compensation to fire Louis Van Gaal and members of his coaching staff



The Predators' Matthias Ekholm features on a world-class Swedish blue line for the World Cup. ALEXANDER NEMENOV/AFP/GETTY IMAGES

Swedish blue line golden for World Cup

HOCKEY

Nordic nation overflows with talented defencemen

Even as one of the best defencemen in the NHL, Victor Hedman is in awe of Sweden's blue line for the World Cup of Hockey.

Hedman watches two-time Norris Trophy-winner Erik Karlsson and potential future winner Oliver Ekman-Larsson man the

power play. He steps onto the ice with Tampa Bay defensive partner Anton Stralman to rekindle the same chemistry that got the Lightning to the Stanley Cup final in 2015.

And then he sees three-time Chicago Blackhawks Cup winner Niklas Hjalmarsson blocking shots and Mattias Ekholm

“We have excellent players that are not on the team but obviously we've got to make a cut somewhere.”

Sweden coach Rickard Gronborg

it's pretty remarkable,” Hedman said. “You look at the guys that didn't make it. You have

and Hampus Lindholm moving the puck all over the ice. Sweden's defence may be one of the best units constructed in international play.

“The competition there is, especially on D,

that kind of talent on the back end, it makes you appreciate being here.”

John Klingberg of the Dallas Stars who finished sixth in Norris Trophy voting last season, missed the cut and Sweden is already one injury replacement in after Niklas Kronwall withdrew from the World Cup, which begins Saturday in Toronto.

Sweden reached the final at the 2014 Sochi Olympics after somehow leaving Hedman and Stralman off the roster and benching Ekman-Larsson.

THE ASSOCIATED PRESS

Women's basketball rolls past Brazil in Rio

Arinn Young of Legal, Alta., and Quebec City's

RIO2016

Five Canadian swimmers reached finals in Monday's

Cindy Ouellet combined for more than half of Canada's points as the women's wheelchair basketball team defeated Brazil 82-49 at the Paralympics on Monday.

Young scored 22 points while Ouellet added 20 as the Canadians improved to 3-1 at the tournament after a disappointing loss to Germany on Sunday.

Germany and Britain were also 3-1 in Pool A but ranked first and second on the tie-breaking procedure. Canada now advances to Tuesday's quarter-final against the Netherlands, which was second in Pool B also at 3-1.

In track and field, Pamela LeJean of Cape Breton was fourth in the women's F53 shot put.

heats: Nathan Stein of Surrey, B.C., and Alec Elliot of Kitchener, Ont., in the men's S10 100-metre butterfly, Saskatoon's Samantha Ryan in the women's S10 100-metre butterfly and Sarah Mehain of Vernon, B.C., and Tess Routliffe of Caledon, Ont., in the women's S7 50-metre butterfly.

In archery, Karen Van Nest of North Bay, Ont., and Kevin Evans of Jaffray, B.C. opened the mixed team compound event with a victory over Spain but lost in the quarter-final to China.

The Canadian men's goalball team dropped to 1-2 with a 17-13 loss to Algeria. They are currently tied for third in their pool with Algeria and Germany.

THE CANADIAN PRESS

IN BRIEF

Moose release Shewfelt

The Halifax Mooseheads are parting ways with one of their 20-year-olds.

The QMJHL team announced Monday that forward Andrew Shewfelt was released from the training camp roster.

The Dartmouth forward had played three seasons with Halifax after being selected in the ninth round of the 2013 QMJHL draft.

Halifax now has 23 players on its roster, including two goaltenders, seven defencemen and 14 forwards. PHILIP CROUCHER/METRO

RG3's Browns back in agony

Robert Griffin III's comeback cracked.

Cleveland's quarterback curse strikes again.

Griffin broke a bone in his left shoulder during the fourth quarter of Sunday's 29-10 loss at Philadelphia and will miss at least eight games — and maybe the season — and leaves the Browns' muddled QB situation as jumbled as ever.

Griffin, who was franchise's 25th starting QB since 1999, will be replaced Sunday by Josh McCown.

THE ASSOCIATED PRESS

**NEWS
95.7**

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RECIPE Lemon Thyme Chicken Burger



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We can still eat like its summer, right? This light, juicy burger helps keep the sunny season going — at least on our plates.

Ready in 20 minutes

Prep time: 10 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup bread crumbs
- 2 tsp Dijon mustard
- salt and pepper
- 1 Tbsp vegetable oil
- 4 wholewheat rolls

- toppings like lettuce, tomatoes, goat cheese

Directions

1. In a large bowl, mix together the meat, thyme, zest, juice, egg, bread crumbs, onions, mustard and salt and pepper. Using your hands, form the mixture into 4 x 3/4 inch-thick patties.

2. Heat up pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking them on the stove. Cook the patties over medium/high heat for about 5 minutes on each side. You want the internal temperature to reach 165 and 170 Fahrenheit.

3. Top your buns with whatever your family likes but we highly recommend goat cheese.

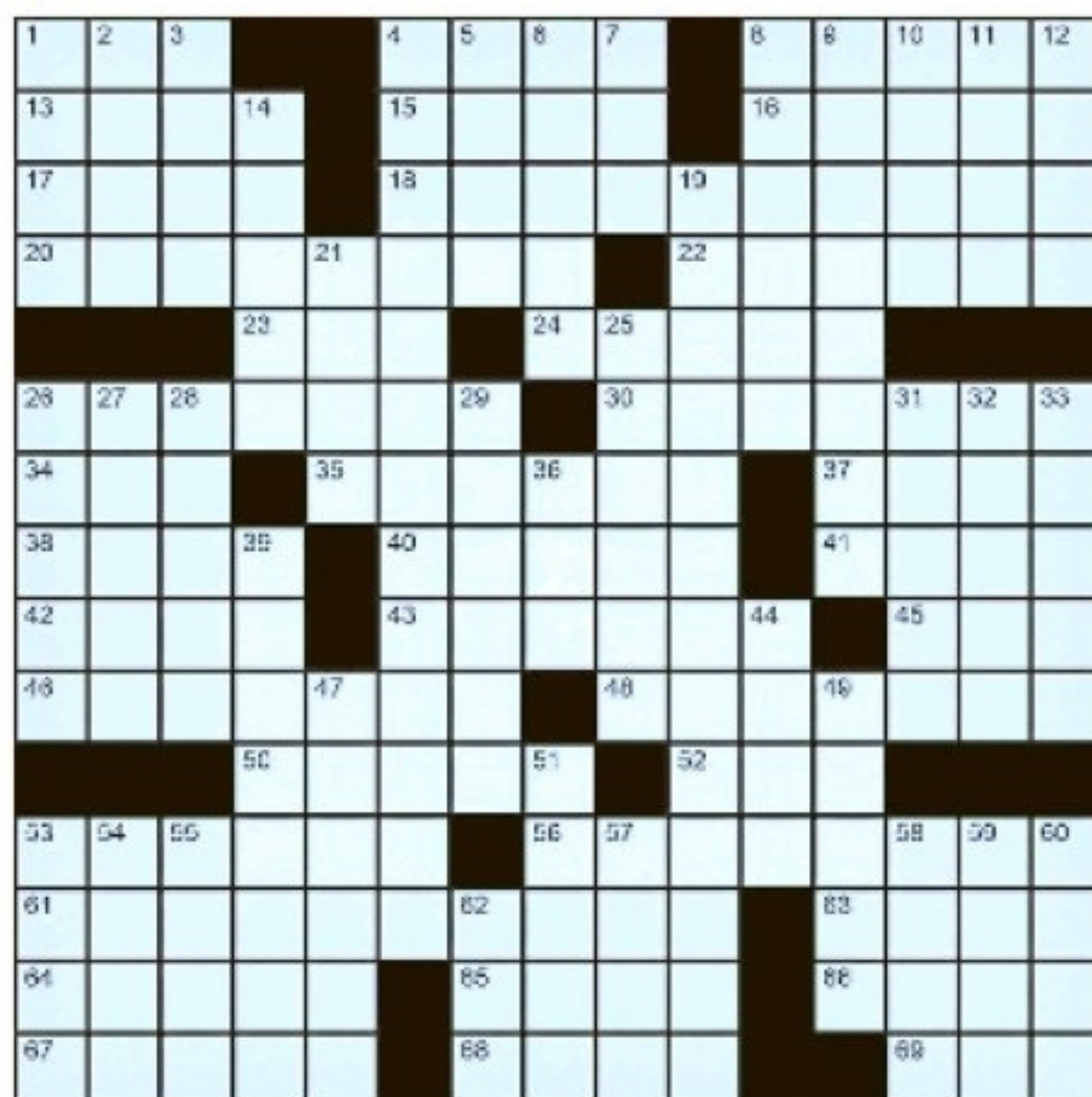
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BY KELLY ANN BUCHANAN

ACROSS

- Brand of pet food, _ Kan
- Military band's magnificence
- Rock band, Death Cab for _
- Discharge
- Bring up
- Fragment of _ to Maia by poet John Keats
- Doozy
- It's a splash all-year-round in a mansion: 2 wds.
- Organisms in the pond
- In a tidy way
- Nautical rope
- "Ahoy, _"
- Opinions
- Media personality Maria of the Kennedy Clan
- UN agcy. for workers
- Little wave
- Ms. Campbell
- Comic actor Mr. DeLuise's
- Sparkle
- Brand of garbage bag
- 'E' in QED
- Spanish Conquistador, _ Cortes (b.1485 - d.1547)
- Nero's 1501
- Ms. Fabray of 1975 to 1984 sitcom "One Day at a Time"
- Officially adorned as a princess
- "Growing _"
- American Hunter publisher [acronym]
- 1970s folk singer Harry



- Mother Teresa's new canonized title, Saint Teresa of _
- Arm & Hammer product: 2 wds.
- Weaving machine
- Spark of light
- Welcoming
- Beautiful outfit of

- flowing fabric
- Belonging to Bob's classic 'roads movies' co-star
- Essential
- Cacophony

DOWN

- Seaweed variety
- Russia/China border river
- "_ & Stitch" (2002)
- Throwing punches for money
- Prefix meaning 'Wine'

- 2003 Madeleine Albright book, _ Secretary: A Memoir
- In favour
- Profession
- Like some intern positions
- Horn honk!
- British rocker Billy
- Conger-like

- Ice cream flavour, _ Frutti
- Where Labrador is situated as part of Newfoundland: 3 wds.
- Court hearing
- Tilted
- President Obama's VP
- Gorge village of southwest Ontario
- Arthur Miller salesman Willy
- Near-the-stomach organ
- Scooby-Doo! One of Shaggy's sleuthing pals
- Circumvent
- Made over
- For each
- Moving oneself forward on foot
- Drug bust officer, briefly
- Tarnishes
- Actor Mr. Julia's
- Listerine competitor
- Venue in The Big Apple where the Talking Heads played
- Nickname of Nova Scotia's cap.
- Comparable
- Suffix with 'Chick'
- It's an amphibian
- Ms. Spelling
- Cole Porter's "I _ _ Love"
- Chris, to Peter Griffin on "Family Guy"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Use tact and diplomacy to avoid conflict with others at work today! Silly errors and delays at work might be part of this picture.

Taurus April 21 - May 21
Parents must be patient with their kids today; likewise, romantic partners must be patient with each other. In sports, fights and accidents are likely.

Gemini May 22 - June 21
Domestic tension on the home front is likely today, especially with a parent or an authority figure. Instead, use your feisty energy to work on home repairs and DIY projects.

Cancer June 22 - July 23
Mercury retrograde is wreaking havoc in your life, causing transportation delays and mixed-up communications. This could be the reason that you are short-tempered with others today. Chill out.

Leo July 24 - Aug. 23
Arguments about money and possessions are likely today. Don't throw your weight around. Remember that you can catch more flies with honey than vinegar.

Virgo Aug. 24 - Sept. 23
Today the Sun is in your sign at odds with fiery Mars. This makes you aggressive, quick to bark and quick to anger. Your best friend will be your own patience. Remember this.

Libra Sept. 24 - Oct. 23
Something going on behind the scenes might bother you today. Because you feel generally disgruntled, you will be impatient with others. Do your best to stay calm.

Scorpio Oct. 24 - Nov. 22
A fight with a friend or a member of a group might break out today, especially about money, funding or a particular possession. You gain nothing by fighting with anyone, right?

Sagittarius Nov. 23 - Dec. 21
An authority figure might get your goat today. If so, do not sound off, because this could cost you in the long run. Instead, go out for a jog or a bike ride. You love the outdoors!

Capricorn Dec. 22 - Jan. 20
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will disintegrate into arguments. Ego conflicts are taking place everywhere!

Aquarius Jan. 21 - Feb. 19
Disputes about inheritances and shared property are likely today. Don't get involved, because this will resolve nothing. Stay frosty.

Pisces Feb. 20 - March 20
An argument with your partner or close friend might break out today because of sheer impatience and frustration. But what will this gain? It won't improve anything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometers), 42Kia Protect - Job Loss Protection is job loss insurance coverage (the "Program") and is available to qualified retail customers of participating Kia retailers in the Atlantic provinces who finance or lease a new Kia vehicle at a subsidized rate of interest through an authorized participating Kia retailer. Kia Canada Inc. ("Kia") will pay for the cost of Job Loss Insurance (JLI) that may cover up to six months of the first year's lease or finance payments (to a maximum of \$3,000/month and a total maximum of \$3,000). If involuntary job loss (as defined in customer's All product guide and certificate of insurance) occurs within 60 days of the effective date of insurance (as indicated in customer's product guide and certificate of insurance), no loss of employment insurance benefits will be claimable. If involuntary job loss occurs after 60 days of the effective date of insurance, customer must file a claim and is subject to a 90-day waiting period. If approved, payments will begin following the waiting period and are not retroactive. The term of this insurance is for 12 months from the effective date of insurance, and no benefits will be paid past the 12th month of the term. The Program only applies to customers who: a) are not covered by Kia Protect Loan Protection; b) have been continuously employed at their principal occupation for a minimum of 20 hours per week for the last 12 consecutive months; c) have not received formal or informal notice of impending job loss on the date of their lease or finance contract; and d) are not self-employed, seasonally employed or an elected government official. Documentation may be required. See your Kia retailer for complete details and conditions. Kia Protect - Job Loss Protection is underwritten by Co-operators Life Insurance Company, a member of The Co-operators group of companies and administered by LGM Financial Services. (Model shown Manufacturer Suggested Retail Price for 2016 Soul SX Luxury (S0759G)/2017 Sportage SX Turbo AWD (SPT59H)/2017 Forte SX AT (F054H1) is \$27,495/\$39,995/\$27,295. The 2016 Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and Small SUVs, respectively, in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,257 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com. ALG is the industry benchmark for residual values and depreciation data. www.alg.com. The 2017 Sportage was awarded the 2016 Top Safety Pick+ by the Insurance Institute for Highway Safety (IIHS) for model year 2017 U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ²No Charge Winter Tire offer available on the purchase/lease/finance of new 2017 Kia Forte Sedan models between August 9 and September 30, 2016. 45 Year Maintenance offer available on the purchase/lease/finance of new 2017 Kia Forte Sedan models between August 9 and September 30, 2016 and is awarded in the form of a preloaded Kia Member Rewards card valued at \$470 based on the average cost of 5-year/60,000-km basic maintenance in your region. Some conditions apply. See your Kia dealer for complete details. ³\$750 Top Quality Bonus discount is available to qualified retail customers at participating Kia dealers on cash purchase, lease or loan on all new 2016 and 2017 Kia models. Offer is deducted from the negotiated selling price before taxes. Dealers are free to set individual prices. Dealer participation may be required. Dealer order may be required on some models. Some conditions apply. Offer ends September 30, 2016. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.